

loses the white look, and looks clear like starch, it is ready to use. Allow it to cool, as hot paste will rot the paper so it can not be handled without tearing. If too thick to spread well on the paper, thin with cold water to the proper consistency. The exact amount of water can not be stated, as some flours take up more water than others.

For the rose jar, this is a good way to make it; not expensive. Gather one peck of rose petals and spread on blotting paper in the sun; sprinkle them with a pint of salt; turn the layer each day while drying. Get the petals that have a great deal of perfume. If you can get them, add carnations, sweet violets, wall-flowers, lavender, lemon verbena, and any other sweet scented flowers or leaves. When dry, put them in a jar and add one-quarter ounce each of cloves and nutmeg, one ounce of Tonka beans, coriander seeds, and orris root. The root of sweet flag may be used instead of the commercial orris root, if you have it, and a little bergamot will improve the scent. Pour on this mixture an ounce of alcohol and a few drops of essence of rose and lavender—the best you can afford. Let the mixture stand for one week, covered, stirring several times. Then put into rose jars, cover, and the fragrance should be retained for years.

Another use for rose petals and scented leaves is for filling pillows for couch or porch. Save them from bouquets, or from the bushes, dry them and, if desired, treat them as above; but their own delicate perfume is very desirable.

Query Box

Mrs. M. L.—To dislodge possible worms from greens, wash carefully, then cover with strong salt water

**TOO MUCH STARCH
A Food Problem**

An Asheville man tells how right food did that which medicines had failed to accomplish:

"For more than 15 years," he says, "I was afflicted with stomach trouble and intestinal indigestion, gas forming in stomach and bowels and giving me great distress. These conditions were undoubtedly due to the starchy food I ate, white bread, potatoes, etc., and didn't digest. I grew worse with time, till, 2 years ago, I had an attack which the doctor diagnosed as appendicitis. When the surgeon operated on me, however, it was found that my trouble was ulcer of the pancreas, instead of appendicitis.

"Since that time I have had several such attacks, suffering greatly. The last attack was about 3 months ago, and I endured untold agonies.

"The doctor then said that I would have to eat less starchy stuff, so I began the use of Grape-Nuts food for I knew it to be pre-digested, and have continued same with most gratifying results. It has built me up wonderfully. I gained 10 pounds in the first 8 weeks that I used Grape-Nuts; my general health is better than ever before, my brain is clearer and my nerves stronger.

"For breakfast and dinner, each, I take 4 teaspoonfuls of Grape-Nuts with cream, a small slice of dry toast, an egg soft boiled and a cup of Postum; and I make the evening meal on Grape-Nuts and cream alone—this gives me a good night's rest. I am well again." Name given by Postum Co., Battle Creek, Mich.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

and let stand for an hour before cooking.

M. F.—The government white-wash is probably what you want. The directions for making it will appear in our department very shortly.

O. G.—See article "Grease and Paint Remover" in another column. For light silk and net, use either the purest benzine, naphtha or gasoline with a little good white soap. Soak the grease spot with the benzine or naphtha, then soap it and rub carefully, then rinse in clean fluid, hang in open air to dry. A little strong ammonia is recommended by some instead of the soap.

Alice C.—To remove grease spot from silk, cover the spot with powdered magnesia, rubbing it in well; let stand awhile, apply a piece of blotting paper to the under side and press gently with a warm flat-iron. Repeat if necessary. Or, scrape French chalk on the wrong side, let remain twenty-four hours; cover with piece of blotting paper and press with a warm flat-iron. Brush off and repeat if necessary. Or, Fuller's earth may be used in the same way.

A. D.—Our builder says, if the trench for the foundation was dug down to solid earth, and the foundation or pillars properly set, the house should be straight. Sometimes one part of the ground may be looser soil than the rest, and the foundation may settle; but this should have been guarded against by the builder. Your other questions will be answered soon. Thank you so much for your kind words.

For the Carpet

Put a gill of turpentine in a basin of water, dip your broom in it and sweep over the carpet once or twice, and this will brighten the colors. Another way is to scrub the carpet with corn meal, barely moist, then let dry and sweep well. The meal will show you where the dirt went, and the carpet will look clean.

Requested Recipes

Dolly Madison Layer Cake—(The recipe for this cake as given in a recent number was incorrect; we give it again, with all ingredients.) The whites of eight eggs beaten stiff, two and one-half cupfuls of sugar, one small cup of butter, one cup of milk, three-quarters cup of corn starch, three cups of flour, two and one-half teaspoonfuls of vanilla. Follow general directions for making layer cake. The above amount will make four layers. For filling: Three cups of brown sugar, one cup of sweet cream, butter the size of an egg, one teaspoonful of vanilla just before removing from the fire. Cook in a double boiler for twenty minutes. If more is desired, add sugar.

(No baking powder is given with this recipe, as such was not used at that date.)

Another—Whites of eight eggs beaten stiff; two cupfuls of sugar, three-fourths cup of butter, three-fourths cup of sweet milk, three and one-half cups of flour, with heaping teaspoonful of baking powder. Same filling.

Grandmother's Pound Cake—Take one pound of butter, one pound of sugar, one pound of flour, nine large hen's eggs (one pound weight) and four tablespoonfuls of rosewater. No baking powder or soda. Beat the butter to a cream, stir in the sugar, add the yolks of the eggs and the rosewater; stir well; add the flour and stir until light, then stir in the stiffly beaten whites. Pour into a buttered cake mold and bake slowly about two hours, or until a light brown.

Coffee Fruit Cake—One-half cup of brown sugar, one-half cup of mo-

lasses, one-half cup of butter, one-half cup of strong, clear coffee, two eggs, two full cups of flour with one teaspoonful of baking powder sifted with it, one small teaspoonful of soda, half teaspoonful of salt, cinnamon, cloves and ginger, each. Stir in the last thing three-fourths of a cupful of fruit—English currants, raisins and citron well floured to keep them from sinking to the bottom of the dough. Bake in a moderate oven.

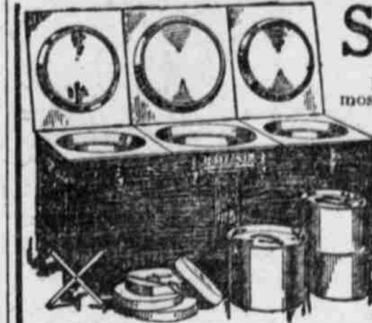
Prunes In Jelly—Cook large, fine prunes slowly in water until quite tender, but unbroken. Drain and arrange in a glass dish. Make a lemon jelly as follows: Soak one-half box of gelatine in one cup of cold water for one hour; add one cup of sugar, juice of two lemons and the grated rind of one, and two cups

of boiling water. Strain into a shallow mold like a deep platter. Make this jelly the day before you want to use it. Cut into small cubes and turn over the dish of prunes just before serving.

Grease and Paint Remover

This is said to remove any paint or grease, no matter how long standing: Cut up four ounces of white castile soap and dissolve in one quart of water over a fire; when melted, add four quarts of hot water; let it become nearly cold, then add five ounces of spirits of ammonia, two ounces each of glycerine, alcohol and ether. Put in bottle and cork tight. This will keep for years. Less may be made, using the same proportions. Saturate the stain with this mixture and rub gently with cloth or sponge.

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